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Weakness

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Strength,

BY

W. E. FOREST, M. D.

NEW YORK:
THE HEALTH-CULTURE CO.,
30 EAST 14TH ST.

LONG LIFE SERIES No. 2, Jan. '95, issued bi-monthly, 50 cts. a year.
Entered at New York Post Office as second class matter.

WB 300 F716f 1894

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PREFATORY.

Massotherapy, by the aid of the Muscle Roller and Muscle Beater, is an attempt, and a successful one, to bring massage into common use. Massage by the hand is, as a rule, a method of treatment for the wealthy who can afford to pay the skillful manipulator or masseur one or two dollars an hour for his services. It is also of great value in institutions and hospitals where trained assistants can administer the manipulations under the physician's eye.

But where there is one invalid who may command the services of a skillful masseur in the home or the sanatorium, there are a thousand sufferers in distant farm houses, in smaller towns and villages, in the homes in city and country where wealth does not abound, who are deprived of this powerful means of cure if it can only be given at the hands of the professional masseur. To meet the wants of the class who cannot command professional services in this line, and to popularize the massage method of treatment, is the object of this little book.

We have unbounded faith in massage. Every day shows the growing importance of this method of treatment. Scarcely a recent medical journal can be taken up, especially if it be a European journal, that does not record additional triumphs for this branch of the healing art. Diseases that have been held to be incurable, troubles that it was claimed could only be removed by the surgeon's knife, cases that have defied all drug treatment for years, have been found amenable to this wonderful natural process of restoration. The domain of this branch of healing art is steadily widening day by day, and its potency in this domain is being more and more recognized. In Europe the regular medical

profession has not been slow in recent years to acknowledge the value of this method of treatment, and there it has been rescued from the hands of charlatans and so-called magnetic physicians, and elevated and elaborated into a scientific system. It would perhaps astonish the American public, and very likely the majority of American physicians, if they knew how high, how very high, a place massotherapy holds in Europe in the practice of the leaders of the medical profession. Massotherapy and kindred measures of treatment, such as hydrotherapy or baths, internal and external, and attention to diet and exercise, are gradually superseding the excessive drug treatment of disease that has prevailed.

In the following pages we have tried to make the principles of the treatment and the methods of using it clear and plain, and at the same time of interest to the general reader. Technicalities have been avoided as far as possible, and no attempt has been made to give an exhaustive treatise on this subject. At the best, we give but hints of what may be done, striving to make our ideas practical, so that they may be used in the cure of disease. If interest is aroused by what has been said here, so that further information is wanted, the reader will find in recent large and elaborate works on this subject, all that can be said in its favor.

Annex

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FROM WEAKNESS TO STRENGTH.

In the following pages we shall bring to our readers—our patients, if we may be allowed the use of so near and sacred a word—a most important means of relief and cure. We propose to show them how to act on the hundreds upon hundreds of miles of minute blood vessels, sweat tubes, lymph channels and absorbents, along which flow the subtle life-giving fluids; upon the cellular structures that make up all the soft tissues of the body, muscle, adipose and connective tissue, on whose constant and rapid changes physical and mental health depends.

The measures we shall offer are so simple that any one may understand them, so easy of application that they may be carried out in every home with little or no expense, and so potent that the most powerful drugs are weak in comparison.

In how many a home is there to-day a delicate and feeble invalid, who for months, perhaps years, makes no permanent gain. Doctors of all kinds come and go, and try this and that, and there is no restoration to health. Friends and relatives, husband or father or mother, brothers and sisters, those who would almost lay down a part of their own lives to bring the glow of health to the sufferer's cheek, stand helplessly by and accept as a decree of

inscrutable Providence that the loved one must suffer and pine, and become a chronic invalid. A chronic invalid ! How much that means ! Think of all the pain, all the disappointment, all the deprivation of the beautiful things of life. And the invalid is not alone the sufferer ; but the disease, whatever it may be, is a cannibal that consumes not only the patient, but, in many cases, the time and the energies and the patience of the whole family.

Suppose, now, that the friends were assured that in their own strong arms and loving hearts was one of the most potent means imaginable for bringing life back to the sufferer ; that they might administer daily draughts of their own abundant strength and vitality to the weakened one. Suppose that the blood could be set bounding through the invalid's pulses to the same beat that comes from the heart of him or her ; would not that be "a consummation devoutly to be wished ?"

You have heard, perchance, of the transfusion of blood ; how the vital fluid is carried from the veins of the well to those of the sick. This is one of the most striking experiments we have ever witnessed. Imagine the scene : a blanched and exsanguinated sufferer, stretched on a couch ; the pulse at the wrist not perceptible ; the flutter of the heart at the chest and the faint gasping breath the only signs of life. Beside the couch stands the embodiment of life and strength, a man with sleeve rolled up to the shoulder, showing a brawny arm, ribbed and marked with great veins.

The surgeon quickly makes an incision, and slips one end of a glass-tipped rubber tube into the collapsed vein

on the arm of the dying woman, the other end into the swollen vein of the large bared arm. Now watch the result on the one at the threshold of eternity. The emptied blood-vessels begin to fill, the heart to beat slower and stronger, the pulse at the wrist becomes perceptible, and a faint tinge of color steals into the pale cheeks. Death gives way to life because a life-giving fluid, drawn from the strong man, is now coursing in fuller streams throughout the sufferer's body. This is transfusion.

We do not claim that invalids, as a rule, can be treated in this manner, and receive directly the vital fluid from the veins of a friend ; but we can show how a strong and willing friend can transfer part of his or her strength to a sufferer, and that, too, without loss to the donor.

Not only the invalid may be benefited by the strength of others, but the person who may be weak in a certain point may equally benefit himself by this means. How many a man or woman knows that from some part of the body, from liver or intestines, or painful nerves, or weak joints comes all the trouble. "Let that be right and I can hold my own with all the world." We propose to show just how these troubled persons may act upon the weakened part until it comes up to the level of the other organs in activity and strength.

What is this wonderful process ?

MASSOTHERAPY.

This is a large and formidable word, and yet it is something quite simple. Massage is from *masso*, I rub, and means manipulation by the hands; and *therapy* signifies a method or system of treatment. We shall use the word to mean treatment by manipulation with the hands directly (massage), or by indirect manipulations with muscle rollers and beaters. Massotherapy means any or all three methods of treatment.

Time was, and not many years ago, when the word "massage" was almost unknown in medical writing, especially in America. But year by year it has grown in familiarity, and the thing it represents has become a more and more important medical factor. In Europe it has long been one of the most prized of therapeutic or curative measures, and in this country the medical profession are beginning to recognize more fully the great value of this method of treatment.

It is our aim to popularize it among the laity, so that this really wonderful method of treatment may be understood and its beneficial influences felt wherever sickness and suffering are found throughout the land.

This treatment has a history, and at the risk of being prolix, we shall venture to give a brief extract from Professor Dujardin-Beaumetz's lectures that illustrates the important points of this history.

After dwelling upon the fact that it is instinctive in man to rub a bruised, weak, or cold or painful part of the body, and thus to restore the natural circulation, he shows that massotherapy has been a valued means of cure among all nations of antiquity, among many rude people, and especially among the Orientals. He says :

"It can easily be shown that the Greeks and Romans were also in the habit of employing massage. Among the aphorisms of Hippocrates, there occur several observations which show this treatment was part of the wisdom of his time. 'The physician,' he says, must be experienced in many things, but assuredly also in rubbing ; for rubbing* can bind a joint that is too loose, and loosen a joint that is too rigid.' And again, 'rubbing can bind and loosen, can make flesh and cause flesh to waste. Much rubbing causes parts to waste ; moderate rubbing causes them to grow.' Galen, the most accomplished physician of his age, recommended friction in a great number of diseases, generally as an auxiliary to other means. Celsus suggests the use of friction for the removal of deposits in the tissues, and especially for the relief of pain. Oribasus also, in his compilation, indicates all the practices of massage, giving the minutest details.

"The Renaissance, it must be admitted, added little to what the ancients knew respecting massage. I ought, however, to mention a curious tract by Paullini, which appeared about the end of the seventeenth century, and was entitled "*Flagellum Salutis*."

"It is only within a few years that massage has obtained the right of domain in medicine. This movement of scientific renovation took place almost simultaneously in France, in Holland, and in Germany.

"In France, in 1837, Martin represented to the Medical Society of Lyons the marvellous results which he had obtained from massage in the treatment of lame back and lumbago.

*The Greek word (*anatripsis*) really means more than "rubbing."

Lebatard and Ellaume in 1860, Rizet in 1862, showed the advantage which may be obtained from massage in sprains; but we must come down to the thesis of Estradère in 1863 before we find a comprehensive treatise on the effect of massage. Works on this subject have since multiplied, and I cannot even give you a full list of their titles; but I cannot refrain from indicating the great value which I ascribe to the brilliant work of Estradère, who was the first to put in clear light the physiological effects of massage, and the therapeutic benefits to be derived therefrom. Nevertheless, it is not France alone that derived all the benefits of this work. Holland has reaped advantages from it under the influence of Mezger and his pupils, and we see even now patients flocking from all parts of Europe to Mezger's clinic to essay the effects of massage under the direction of that celebrated masseur.

"Mezger has written but little. The only treatise of his which we possess (and it is of very modest dimensions) was published in 1868 at Amsterdam. He says in this work that it is his intention to devote himself particularly to those special applications of gymnastics which are called *frictions*, or, better still, *massage*. He adds that in 1853 he began at Amsterdam the treatment of sprains by this means; that little by little he improved his system, and that since 1861 he has occupied himself exclusively with massage. Mezger has gathered around him numerous pupils.

"In Sweden, it is under the influence of Berghmann, of Helledag, and especially of Amstrom, that the method of Mezger has spread. In Russia, Berglind has been the pioneer in this direction. Lastly, in France, we owe to Norstrom, of Stockholm, a complete exposition of Mezger's method.

"In Germany, it is under the influence of Rosbach, of Busch, and particularly of Schreiber and of Reibmayr, that massage has taken a truly scientific development. The work of Schreiber has been translated into French, and more recently still into English; Reibmayr's has been translated into French and annotated by one of my pupils, who has made a specialty of massage."

Nordhoff, in his book on "Northern California, Oregon and the Sandwich Islands," gives the following graphic description of the *lomi-lomi* or rubbing as practised by the Sandwich Islanders :

"Wherever you stop or lunch for the night, if there are native people near, you will be greatly refreshed by the application of *lomi-lomi*. Almost everywhere you will find some one skilled in this peculiar, and, to tired muscles, delightful and refreshing treatment. To be *lomi-lomied* you lie down upon a mat or undress for the night. The less clothing you have on the more perfectly the operation can be performed. To you thereupon comes a stout native with soft, fleshy hands, but a strong grip, and beginning with your head and working down slowly over the whole body, seizes and squeezes with a quite peculiar art every tired muscle, working and kneading with indefatigable patience, until in half an hour, whereas you were weary and worn out, you find yourself fresh, all soreness and weariness absolutely and entirely gone, and mind and body soothed to a healthful and refreshing sleep.

"The *lomi-lomi* is used not only by the natives, but among almost all the foreign residents; and not merely to procure relief from weariness consequent on over-exertion, but to cure headaches, to relieve the aching of neuralgic and rheumatic pains, and by the luxurious as one of the pleasures of life. I have known it to relieve violent headache in a very short time. The chiefs keep skillful *lomi-lomi* men and women in their retinues; and the late king, who was for some years too stout to take exercise, and yet was a gross feeder, had himself *lomi-lomied* after every meal as a means of helping his digestion. It is a device for relieving pain and weariness which seems to have no injurious reaction and no drawback but one—it is said to fatten the subjects of it."

This latter fault will not be considered an objection by most Americans. The dry irritating climate of this coun-

try inclines us to leanness of body; and as *lomi-lomi* or massage, or muscle rolling, counteracts this tendency, it will be of particular benefit to this race.

A THOUSAND MILES OF TUBING.

We shall now try to tell in plain language what massotherapy can do, and then tell how to carry it out.

But first, a few anatomical facts. Perhaps the reader knows that in the skin of a grown person there is more than thirty miles of tubes, sweat tubes, whose work it is to carry worn out and useless material from the body. Possibly you know that in the skin, surrounding these sweat tubes, are many hundred miles of smaller tubes, filled with blood. These are the capillaries, the smallest blood vessels, those that distribute the blood directly to the tissues. All this is within that very thin covering of the body, the skin.

Now go the deeper tissues. These same wonderful blood carriers, the capillaries, exist here. They penetrate and permeate the structures of the body in every direction; every nerve is filled with them; every minute fibre of every muscle in the body is honey-combed with them; the fatty tissues and the bones have them in abundance. If the length of the tubes and vessels of the skin are computed in hundreds of miles, what shall we say about the length of the capillaries throughout the body! We

should have to employ the figures that astronomers use in measuring the distances to the fixed stars.

But we have not done with the small vessels of the body yet. There are the lymph channels and the absorbents, making a system of tubes less important than the capillary system, but still of immense extent.

These are dry anatomical facts, you exclaim. Are they uninteresting? To us such facts are as wonderful, as awe-inspiring as the wonders of the starry heavens. But these facts have a most important bearing on the treatment by massage and manipulation, *i. e.*, by massotherapy.

Along these infinitesimal tubes course the life-giving fluids of the body. The capillaries enter the tissues of the body, making channels for the food taken from the alimentary canal, and oxygen taken from the lungs. These supplies are to build up the body. The capillaries emerge from a structure and through them retreat the blood cells loaded down with waste and poisonous debris.

Movement, constant movement, through these little vessels is the law of life. Let these currents cease in a part and death and decay takes supremacy. Let this movement through the capillaries throughout the body be slowed beyond natural rates, and that moment weakness and disease commence.

The object of massotherapy is to stimulate movement, the flow of life-giving currents through the infinitesimal tubes that permeate all the structures of the living body. Thus more active life will be inaugurated.

A simple experiment will show how great is the influence of this treatment on tissues. According to Berne,

if a certain part of the body, the arm, for instance, be thoroughly massaged for a few minutes, the temperature of that part will be found to be five degrees higher than the rest.

Why is the temperature of the part thus quickly raised? Simply because the treatment has sent more blood to the part, chemical and vital changes have commenced to take place more rapidly, old things are passing away, new life is coming in. Now suppose these increased changes can be brought about in time, not only in a small part of the invalid's body, but in a large part. Suppose the cold, pale skin can be made warm and red, the flabby muscles harder, the weak stomach stimulated to more rapid digestion, and the torpid liver and intestines to quicker action. Well, it can be done. What is possible in a part, is possible throughout the body.

The best possible safeguard against ill health is right habits, habits of eating and sleeping properly, and especially taking a proper amount of exercise. Now the majority of the readers of this book have not the time or the energy to enter the foot-ball field or the gymnasium, but should have some means of exercising all the five hundred muscles of the body, right at hand, in the office, bedroom or study. This can be done with an Exerciser, or with free-hand gymnastics; and it can be accomplished, almost as well, with the muscle roller and beater and the hand manipulation in a massage treatment. The effect of massotherapy on muscular tissue is almost identical with the result of active use of a muscle.

In self-application massotherapy is a sort of double-benefit exercise, where one not only gets good as a result of the muscular effort put forth, but the tissues acted upon receive a second and greater benefit from the direct effect of the massage. The effort thus yields the highest rate of compound interest.

Where the treatment is applied to others, the recipient gets all the benefit obtained from active exercise, without any of the exhaustion and loss of vital energy that must come from great physical efforts, especially if made by an individual not very robust. The one who administers the treatment is also benefited by the exercise of his own muscles.

Thus it must be clear that massotherapy may be as useful in preserving health as in curing disease. It is far easier to keep out the enemy than to expel him after he has obtained a foothold in the citadel.

DISEASES FOR WHICH IT IS USED.

What we have said as to the use of massotherapy in the cure of disease may seem like the talk of an enthusiast; but we shall summon very high authority to prove our position, and incidentally to show in what affections massotherapy is useful.

Dujardin-Beaumetz is one of the leading teachers and lecturers in the Paris medical schools. He is a brilliant writer and a popular teacher; a member of the regular, or old school of medicine, and a thoroughly scientific physician. No one will think of him as liable to give more prominence to a certain curative method than the facts will warrant. Listen, then, to his views as given in the lecture before referred to. The notes we shall give from this lecture will be somewhat disconnected, but give a fair idea of his position on this subject. We have taken the liberty of changing a few medical terms into plain English, otherwise the extracts are in his own language.

After speaking of the beneficial action of massotherapy on the skin, in opening the pores and making it soft and clear, he continues:

“The action on the muscles is quite as marked, and by kneadings or strokings of the muscles we arouse and augment their contractility. Strike with the inner border of your hand the triceps or biceps muscle of the arm, and you will see produced on the parts of the muscle thus stroked a peculiar hard swelling, which results from its limited contraction.

"Chpolinski, in his inaugural thesis, published last year, 'On the Length of Time that Aliments ordinarily Sojourn in the Stomach,' has shown that massage, practised for ten minutes at a time, *will diminish the length of the sojourn of food in the stomach.*

"The first case on which he experimented was that of a medical student, in whom a meal consisting of five hundred grammes of meat was five hours and twenty-five minutes in completely disappearing from the stomach. The days when massage was performed, the duration of gastric digestion was only four hours and thirty minutes.

"In another subject, where a meal composed of two eggs and a gramme of salt required three hours and fifteen minutes for its disappearance from the stomach, massage reduced this period to two hours and forty-five minutes.

"As you see, gentlemen, massage notably promotes the gastric digestion, or at least the passage of alimentary substances from the stomach into the intestines.

"These experiments have, moreover, brought to view a fact which physiologists who have taken up the subject of massage have touched but lightly, and which at the same time seems to me to have capital importance in these applications of massotherapy: I refer to the augmentation of diuresis under the influence of abdominal massage. All our patients on whom abdominal massage has been practised have testified to a notable augmentation in the urine, which sometimes amounts to double the usual quantity, and this is an important point, to which I propose to return when we come to study the indications for massotherapy.

"The treatment of sprains by massage has been attended with excellent results. First practised by the bone-setters, gray nuns, "sprain blowers" (*sofflueurs d'entorses*), etc., massage is to-day employed in the treatment of sprain by all surgeons; and the works of Ellaume, of Lebatard, of Mervy, of Estradère, of Rizet, etc., show us the importance of this method.

All cases of sprain, simple or complicated—except, of course, those where there exists a fracture of the joints (and we have seen that even this is not now regarded as a contra-indication)—are

tributary to massage. The beneficial effects are the more speedy and certain the sooner massage is applied after the accident ; and you will often see patients who at first could not stand on their feet, get up and walk and even return to their homes on foot, after their first séance of massage.

“ In the Prussian army, where massage is obligatory in a certain number of affections, and, in particular, in sprains, the military surgeons, in their half-yearly reports, do not fail to communicate the results obtained by this method. By referring to the reports of Starke, Gassner, Brurberger, Gerst and Korner, you will see that the average duration of the disability entailed by sprains, where massage has not been employed, is 27.3 days ; and where massage has been used the time is 8.9 days ; so that you see there is a difference of 14.7 days in favor of the treatment of sprains by massage. It is to be wished that the practice might be obligatory on the military surgeons of our army.

“ I come now to the medical applications of massage. They are very numerous ; and we will, if you please, divide them into several groups. I will speak, first, of massage in the treatment of pain, then in articular and muscular affections, then in neuroses, and lastly, in certain visceral affections.

“ As I have before told you, it is by an instinctive movement that man seeks to relieve pain by frictions ; and I have often seen patients in the agonies of *tic-douloureux* rub the skin till abrasion and bleeding were produced. Experts have given regularity and system to these practices ; and what I have to say on this head shall pertain particularly to sciatica and migraine.

“ It is Schreiber who has given us the most precise rules as to the treatment of sciatica by massage. The treatment of sciatica, according to Schreiber, consists in massage, the application of certain apparatus, and in passive movements.

“ This practice of massage is applicable to all the other neuralgias ; but the manœuvres are valuable, according to the seat of pain ; and among these painful affections I must point out to you in particular the good effects of massage in the treatment of migraine or nervous headache.

"Dr. Lucas Pardington has, moreover, quite recently taken up the subject of the treatment of migraine by massage ; and he has reported a case of a man, twenty-six years of age, suffering from hemicrania of grave form and rebellious to all the means of treatment, which was cured in three days by séances of massage of twenty minutes' duration, made over all points of the head and neck which were affected.

"I will add that for the symptom cramp, whatever may be its cause, massage is a sovereign remedy ; and you should here employ principally kneading of the muscles and the strokes or taps.

"*Paralysis agitans*, or shaking palsy, is also believed to be amenable to treatment by massage ; and Barbès has recently reported to the Society of Therapeutics the favorable results which he has obtained by this means in a case of Parkinson's disease.

"As for the *neuroses* [*i. e.*, nerve troubles], I shall not repeat what I have said *a propos* of the treatment of chorea or St. Vitus dance, by gymnastics, where, in truth, massage is oftener employed than gymnastics properly so called ; but I must call your especial attention to massage in hysteria, because serving as the basis of a kind of treatment of this disease which has become very popular of late years under the name of the S. Weir Mitchell method.

"Dr. Mitchell began by completely isolating his hysterical patients from their family and usual surroundings, and putting them under the care of a trained nurse, who never leaves them ; then he subjects them to absolute repose and a special diet system, of which milk and eggs form the basis. Then he insists on the daily thorough application of general massage. Under this system flesh and blood are rapidly made and the patient becomes strong. This treatment has but few advocates in France, and is applicable only to extreme cases of hysteria. Nothing shows that it is superior to the system which we employ in such cases—namely, isolation, massage, water cure and exercise in the open air.

"It remains for me to say a few words concerning massage in general affections. In diseases of the heart, massage will render you service in combating œdema [dropsy], and the same may be

said of œdema due to renal affections ; and I remember to have seen a remarkable example of this. The patient was the wife of a medical *confrère*, who was suffering from albuminous nephritis, with considerable anasarca [swelling] of the lower limbs, which doomed her to absolute rest. Massage removed the œdema, which did not return, although the quantity of albumen in the urine remained unchanged.

“ Here the effects of massage are two-fold. It acts, first of all, locally, and favors the resorption of effused liquids ; then it has a general action, promoting nutrition, augmenting the excretion of urea, and thus combating one of the effects of chronic alterations of the kidneys.

“ Furthermore, I showed you, while speaking of the physiological action of massage, that the practice of abdominal massage notably augments the excretion of urine. This is an effect which ought to be taken account of in explaining the favorable effects of massage in cardiac and renal affections.

“ Massage has an undoubted action on nutrition. It has, in fact, been demonstrated that the quantity of urea in the urine augments under the influence of general massage.

“ Lastly, in abdominal affections, constipation and dilation of the stomach, massage has been found to give excellent results. As for constipation, everybody is agreed in acknowledging the good results obtained by massage.

“ Berne, who has so strongly urged the importance of abdominal massage, recommends the following mode of procedure : After having kneaded the abdominal teguments, then the abdominal muscles, the operator makes gentle pressure over the right side of the abdomen with the palmar extremities of the last four fingers ; then, with the closed fists, he performs massage over the whole extent of the colon.

“ Besides insisting on the mechanical action of massage, Berne gives account of the property which these exercises possess in promoting the secretion of bile. Hence he advises to associate with the above manœuvres, gentle pressure over the gall bladder and percussion of the liver.

"As for affections of the stomach, massage in these cases gives excellent results. You have been enabled in the past month to witness in this hospital the marked benefit which such cases have derived from massage. Their digestion has improved, their weight increased, and all the distressing symptoms are alleviated. It is a practice which you ought to resort to in such cases."

Such are the views of Professor Dujardin-Beaumetz. We have quoted him in preference to teachers who make a specialty of massotherapy simply because we wished an unbiased statement.

We hold that massotherapy is applicable and should be used in all chronic troubles, and in all affections not accompanied with much fever. In general debility it is a grand tonic, starting the sluggish forces into renewed life. In anæmia, or poor and watery blood, massotherapy, accompanied with a diet of simple, nutritious food, will quickly bring the color to pale lips and cheeks. It is really astonishing how quickly this treatment will increase the appetite and quicken the power to assimilate food.

It is not how much one eats, but how much one absorbs into the blood and assimilates into the tissues that is of value. "As well try to fat a fanning mill running corn through it," as expect to gain flesh and strength by eating more than the system can absorb. In cases of debility and anæmia, we must increase the powers of assimilation by massotherapy and exercise, and then appetite will call for more food to meet the want.

How many a poor invalid is literally stuffed with all sorts of delicacies that he doesn't crave and can't assimilate, all to no purpose; while if half the time spent in preparing these "goodies" was employed in setting the blood

into more rapid circulation and increasing life action in all the tissues by massotherapy with hand or muscle roller, there would be a demand for good nourishment.

In such cases give massotherapy a month's trial, feeding with easily digested foods, and treating the stomach and intestines after the manner indicated in a preceding chapter. First, get your patient weighed. Then, at the end of the month, when you find an increase of five or ten pounds in weight, you will feel sure you are on the right track.

In constipation, rather than resort to cathartic medicine, the accumulated debris should be flushed out with copious warm water enema. We should not, however, be satisfied with simply cleansing the colon by flushing, but should strive to so strengthen its nerve and muscular forces by massage of the abdomen as to make this weak and sluggish organ the most active and vigorous in the body.

That massotherapy will do this we have the testimony of many writers ; of Berne in particular, endorsed by Dujardin-Beaumetz ; of Schreiber, of Dowse, and almost numberless others. You can test the matter for yourself. Give a daily treatment to the abdomen for one month, by kneading (or by the rolling to be described), and see if, at the end of that time, you have not done more towards the *cure* of your constipation than by years of cathartic treatment with drugs.

We must not dwell longer here on this phase of our subject, but will proceed at once to tell how massotherapy is to be carried on.

HOW TO APPLY IT.

You must know in the first place that massage treatment is carried out usually by professionals, by men and women who have studied the art and who make a business of applying it. When one can afford it, and the masseurs can be obtained readily, it may be well to employ them.

But this book is written, for the most part, for people who do not find it convenient to employ professional masseurs. It will be our aim, then, to make this art so clear and simple that any one can understand and apply it, and thus it can be brought into every home.

Dr. Thomas S. Dowse, a teacher of massage, gives three modes of applying the massage treatment, namely : (1) *Effleurage*; (2) *Petrissage*; (3) *Tapotement*.

The plain English of this is : (1) Rubbing ; (2) Kneading or rolling and pinching gently ; (3) Pounding softly or tapping with the ends of the fingers. This is the sum of the whole matter.

Now how is this to be applied ?

Let us take the case of a patient suffering from dyspepsia and constipation with great debility. The friend, relative or nurse who is to apply the massage, stands or sits at the side of the couch, upon which the patient is lying with head and shoulders slightly raised. The attendant commences by gently tapping over the pit of the stomach with the ends of the fingers, making these movements rapidly and softly. Usually there is great tenderness and soreness here in cases of dyspepsia, and care

must be taken not to cause pain. After continuing the treatment here a minute, apply the tapping movements over the whole abdomen, always commencing at the right side and finishing at the left. This movement may be made while the patient is dressed in a thin cotton garment or covered with a sheet.

Now take some warm palm oil or white vaseline in the palm of the hand and anoint the skin of the abdomen and stomach well, and then, slipping the hands under the sheet, gently press the tips of the fingers of both hands against the patient's right side, and then draw them across the abdomen towards the left. Keep these movements up for five minutes, gradually increasing the force used, and the rapidity of the movements. The next step is to act directly on the colon or large intestine.

It must be borne in mind that the colon forms an arch in the abdomen. It commences in the right groin, low down, runs up towards the ribs, bows across just below the stomach to the left side, and then down. To act on this organ and force its contents along, place the tips of all the fingers at about the origin of the colon and press in with a little force; then slip the fingers upward for an inch or less and press once or twice again. Then move the fingers a little further and press again. Proceed in this manner over the length of the colon. Then repeat twenty times.

All these movements have to be made very carefully at first; but, day by day, if the treatment is persisted in, the soreness and tenderness disappears, and then more force can be employed.

Does not the above explanation make the method of treatment plain and clear? Yet, in applying it, the attendant really employs *effleurage*, *petrissage* and *tapotement*. French phrases and words sometimes sound very formidable to English ears, but their meaning is simple.

Huckleberry Finn says to his companion on the raft, the runaway negro :

“ Jim, what’d you say if any one should say to you, ‘ Parly-vous-franzy ’ ? ”

“ Would’nt say nuffin. I’d just bust him over de ear ; leasways if he wasn’t a wite man. Wouldn’ low no nigger to call me dat.”

Huckleberry tells Jim that the words don’t mean anything but “ Do you speak French ? ” Whereat Jim inquires, very pertinately we think, if they mean that why don’t they *say* that ?

We might with equal pertinence make similar inquiries of the professors of massotherapy.

The attendant having rested a few minutes after the treatment of the abdomen, should give the patient a general treatment. This should be done by commencing with one of the arms (the rest of the body covered warmly with a blanket). Rub the arm smoothly with both hands, first having applied the white vaseline or palm oil. Rub until the skin is warm and reddened. Then commence a rolling motion with the arm held between the two palms—much the same motion as cooks use in shaping a biscuit for the pan. Finally end the work on the arm by pressing the pulps of the fingers in between the muscles so as to stimulate the deep muscular fibres and stretch the nerves.

If this has been done thoroughly, yet carefully, there will be more life, more glow and strength in that arm than there has been perhaps in many months.

Give the same treatment to the other arm and shoulder, and then in succession to the thighs, legs and feet.

Now the patient turns on the face and the back is well rubbed; then percussed or tapped lightly and very rapidly with the tips or pulps of the fingers; or the hand may be held so as to bring the ends of the fingers and the thumb together, forming an inverted cup.

This ends the general tonic treatment.

How does the patient feel? He or she feels as if something unusual had happened. No dose of medicine ever taken has had such a striking effect. There has been a stirring up of the whole system; there is a pleasurable tingling in all the nerves, and the blood currents seem to be running quicker and fuller than before. Most patients find a massage treatment soothing and agreeable. Some find the first one or two treatments a little too stimulating; after that there is no trouble. All find an increase of appetite.

How does the attendant feel?

If not accustomed to this work, we venture to say that the nurse is more exhausted than ever before. Such a treatment, if properly administered, is extremely fatiguing to the one who gives it. It is so fatiguing that many strong persons cannot at first continue the work for more than thirty minutes at a time.

This, in fact, is about the only drawback to a very general use of massage in the home treatment of chronic

and sub-acute troubles. On a later page we shall show how this difficulty may be overcome by the use of muscle rollers and beaters, and thus the only real objection to massotherapy will be obviated.

We have briefly described in the foregoing a general tonic massage treatment with a special treatment for dyspepsia and constipation. This will be the most common method of using massage. But there are special troubles that need mention.

In neuralgias of all kinds this treatment is indicated, and is usually applied by rapid tappings with the pulps of the fingers over the painful nerves. The treatment should be used very lightly at first, and the force gradually increased, but never so as to cause pain. After the tapping treatment a rubbing with hot oily preparations or a liniment is very soothing and quieting.

For rheumatism, sprains, stiff joints, etc., the treatment commences with rubbings with hot oily applications; followed by deep pressure and kneadings; and finally ends by forcibly moving the weak and stiffened joints. This latter procedure must be done carefully at first, and will be accompanied with the groans and protests of the patient. But, day by day, the natural lubricating fluids of the joints and tendons will be brought back by the manipulations, and in a short time the bed-ridden patient will be the marvel of the community.

Even in obesity this treatment is effective, as, when used over the abdomen, it does away with the accumulation of fat in that region. Muscle-rolling, we know, will do this; and in a month's treatment the relaxed,

fat-infiltrated, bowed-out abdominal walls become hard and straight. This is due to the rapid development of muscular tissue here.

The wonderful cures made by magnetic physicians and rubbers are the result, it seems to us, of thorough massage on the practitioner's part, and of faith on the part of the patient. These two curative principles, faith and massotherapy, are a combination more powerful for good in many cases than the most potent curative measure ever known.

We shall venture to give a case in point to illustrate this statement.

About seven years ago we were requested by a city missionary to see a poor woman who had been bed-ridden for three years. She had been under treatment by many physicians, but all to no avail.

We saw the patient, and, after a long and careful examination, we assured her that on the first Thursday of the following month (*i. e.*, three weeks from the date of our examination), she would be up and dressed and take five steps across the floor. The patient was most incredulous. Many physicians had assured her that they could cure her but had failed.

Yes, we said, but had they tried a remedy that had been used in the hospitals in Paris in such cases, with never-failing success? The woman thought not; her medicines had always been procured at the neighboring drug store.

At our next visit we brought with us a certain wonderful liniment that had been known to restore strength to limbs as weak as hers, and the woman's two strong

daughters were instructed how to apply this liniment with the rubbing, kneading and pinching movements the professional masseur employs. The liniment was the simplest standard preparation we could get. We also brought a supply of the pills that had caused marvelous cures (composition: mucilage and flour), and gave careful instructions as to their administration.

And now the treatment of the case goes steadily forward. Every day the daughters become more expert and vigorous manipulators; and they rub and squeeze the wasted muscles until the blood and fluids are set in motion as they have not been before in years. Every day we assure her confidently that on the certain Thursday, at 3 P. M., she shall take five steps. At each visit we see the signs of growing faith in our prophecy and growing physical strength. Incredulity is giving place to hope, and there is no tonic superior to that. All the functions of the body become more active. The stomach calls for food, instead of waiting to have food, like an unwelcome visitor, quartered upon it. The eye grows brighter and the cheek gets a tinge of color.

The looked for Thursday arrives. At the appointed hour we visit the patient and find her dressed and lying on the bed, ready for the trial. Her courage is now as great as it was once weak. We cheer and encourage her, and at length the trembling limbs, for the first time in three years, bear her body across the floor. From this time on the recovery was rapid, and there has never been a relapse. No more hard-working woman can be found to-day than this long-time invalid.

What brought about the cure in this case? Massotherapy and faith.

The patient was conscientious in her belief that she could not walk, and while she believed this she was powerless. But a better circulation of blood, better nutrition of the muscles, and faith in a wonderful remedy (something that really is used in Paris hospitals in such cases), gave hope, courage and strength, and thus wrought a cure. What the original trouble may have been that kept this woman in bed, we never learned; this trouble had evidently vanished long before, and in its place was a trouble just as potent for harm, namely, weak muscles and a fixed idea that she could not walk.

It is our opinion that there are many similar cases that might be cured by massotherapy alone.

We are nothing if not practical, and we shall take the liberty accorded physicians to here give a practical hint to husbands with over-worked and tired wives.

Try this experiment.

Get up in the morning early. Bring your wife before she rises a glass of hot milk with a pinch of salt in it, or a small cup of clear coffee, or a cup of hot cocoa. The first is preferable, as it is both stimulating and a nourishment. Then, while she is still covered with a sheet or thin blanket, give her a ten or twenty minutes treatment with the muscle roller (see later page) or the hands, until every strained nerve and tired muscle in her body is in a glow. If this treatment is inspired by pure affection and is accompanied by kind words, we are certain that it will wonderfully lessen the wife's daily burden of work and worry.

SELF-APPLICATION.

We must now speak briefly of massage applied by the individual to himself, as this will perhaps be the largest class of cases that will employ it.

The same principles of treatment and methods of application as described in the foregoing pages are to be followed in the self-application of massage.

Practically, however, it will be oftenest used in self-treatment for abdominal troubles. Here kneading and tapping by the hands (or, very much better, the abdominal rolling to be described), is simply indispensable. We know of nothing that has so prompt and powerful an effect on the functions of the stomach and intestines as massage; and for dyspepsia, jaundice, biliousness, constipation, etc., should be practised each day, morning and night.

Now, if massage is to be made practical for the people who will read this book, we must speak of certain difficulties attending the massage treatment and show how to overcome them.

When we have recommended massage by hand manipulations, many of our patients have objected to the necessary exposure of the skin. The exposure need only be of a small portion of the body at a time; but even this is disagreeable. Again, certain persons of a nervous temperament find the direct friction of the skin that is necessary in hand massage, irritating, instead of soothing. In these cases the dislike grows from day to day, instead of getting less.

Again, hand massage is extremely fatiguing to the one who administers it. We have never found any form of physical work more exhausting than to give a quick and thorough massage treatment. Those who make a business of this art, professional masseurs, do not expect to treat more than two or three patients per day; for which, of course, they are well paid. The amateur, the novice, who wishes to apply this treatment to an invalid friend or to use it in self-treatment, will not long care to keep up the attempt, owing to the fatigue that results.

MASSAGE APPLIANCES.

To meet these and other objections, several appliances have been devised for use in self-treatment, substitutes in a measure for hand manipulation.

The first and perhaps the most useful of these instruments is called a massage-roller or muscle-roller.

THE MUSCLE ROLLER.

This consists of a series of maple or boxwood wheels on a flexible axle. The wheels are an inch and a half in diameter, and three to six in number. The peculiarity about each wheel, and the device that makes the instrument so very beneficial, is that around the central rim of each wheel is a specially prepared solid rubber buffer. This buffer is made of pure gum, is elastic and yet very

firm. Thus each wheel corresponds to the pulp end of one of the fingers. Now, with a series of these wheels on a flexible axle, set in a suitable handle, we have an instrument very similar in its effects upon the tissues to the fingers of the human hands. It has, however, this great advantage over the hands, that *the wheels roll, and thus avoid undue friction of the skin.*

It is this avoidance of friction that makes the application of massotherapy so much easier for the attendant when the muscle roller is used than when the hand is in contact with the skin. In the latter case much of the force is expended in overcoming the friction between the surfaces. But with the roller, there is little friction of the skin, *and nearly all the force is expended in deep pressure on muscles, nerves and tissues generally.* A novice with the roller can work for an hour, changing occasionally from hand to hand, with but little fatigue; while without the roller, fifteen or twenty minutes rapid and vigorous massage will be a fatiguing effort.

Then, too, the muscle roller is used without any exposure of the patient, as it produces as much effect when applied over a sheet, or the patient's cotton or woolen undergarments, as when used on the bare skin. Owing to the elasticity of the rubber, the running of the wheels over bony parts of the body causes no pain, and the instruments can be used over joints, on the neck, head or face, not only without discomfort, but with positive pleasure.

The interval or space between each wheel allows the tissues to be crowded up between the buffers, and thus gives a slight lateral or pinching compression, as well as a

direct perpendicular pressure, much as though the flesh had been gently squeezed between the fingers.

As to the manner of using the muscle roller considerable may be said. When used by an attendant upon another person, it should be rolled back and forth over a certain part for a time, and then the direction changed so as to roll as nearly as possible at right angles to the former direction.

In all the self-treatments the operator will usually grasp the instrument with both hands, instead of by the handle, with a single hand. It can be applied to any part of the body in self-treatment except a space between the shoulders. This region may be reached by the muscle beaters.

The muscle roller is to be used in all those affections for which massotherapy has been advised in preceding pages.

In neuralgia it brings almost immediate relief from pain, and ultimately secures a cure. It acts by stretching the affected nerve slightly, and by stimulating the circulation of blood through them. It may be used on the head, neck or face; and along the back over the terminations of the nerves and down the thigh when the sciatic nerve is affected.

In nervous headaches the instrument is invaluable.

The muscle roller may also be used for the correction of digestive disorders. Its use over the stomach and intestines stimulates the nerve forces of these organs, and increases their natural rythmical action. Thus chronic

constipation, where for years there has been no action without drugs, is quickly and radically cured. If dyspepsia be present, one drinks a glass of hot or cold water an hour before meals, and then by rolling the stomach, churns up its contents until every particle of fermenting slime and catarrh is loosened and carried away, leaving the stomach fresh and sweet. This is the only rational cure for the disease.

In using the roller over the abdomen, one grasps the instrument at the sides with both hands and rolls it up and down for a time, then across from right to left, and reverse. For constipation, particular attention should be given to the colon or large intestine. Beginning at the groin on right side, the operator presses inward with a quick *digging* motion. In this manner work slowly up the right side, then across over the stomach and then down on the left side. Repeat several times.

If we say more about the muscle roller, it will be thought that this is a hobby of ours. And so, indeed, it is, for we have found from experience that the amateur, with the muscle roller, gets far more satisfactory results than would be possible without it. And we have also found that the amateur without a proper instrument soon loses enthusiasm and gives up the treatment.

It occurs to us that if any one cannot procure a muscle roller such as described, a passable one might be improvised out of a wringing-machine roller and a suitable handle.

MUSCLE BEATERS.

Muscle beating corresponds to *tapotement* or pounding by the fingers and hands. It is used ordinarily in self-treatment as a supplement to muscle rolling. A treatment by the muscle roller may, with great advantage, be ended by a short, rapid and stimulating use of the beater.

It is particularly useful to treat that part of the back between the shoulders, a part very hard to reach with the roller. It is also very useful to treat the soles of the feet, to stimulate the circulation there. Thus it will cure a common trouble.

In cases of paralysis or partial paralysis, the beater is better than any other single form of treatment. And also in neurasthenia or weakness of the central nervous system, the beater may be used over the spine with great benefit.

For lumbago and most forms of rheumatism, gentle percussion, alternating with rolling and the application of warm compresses, will usually afford prompt relief.

ABDOMINAL ROLLER AND PERCUSSION BALLS.

When it comes to the treatment of the abdominal organs—stomach, liver, intestines, etc.—we find the Abdominal Roller and Percussion Balls extremely useful and quite as effective as hand massage. Their use over the intestines stimulates the nerve forces of these organs, promotes secretion of the digestive fluids and increases the natural rythmical action. Thus we can *improve*, not merely stimulate, the digestive powers.

The instrument should be carried up and down for a time, then across from right to left, and reverse. This should be followed by an application over the colon in the following manner. The roller is held in both hands, and the treatment is commenced by pressing firmly against the abdomen at the lower part on the right side, over the origin of the colon. The operator pushes the instrument upwards for two or three minutes with a quick *digging* motion. Repeat this several times in one spot, and then move the instrument upwards for an inch and give the same treatment. Continue this method over the whole course of the colon, ending on the left side with downward pushing motions.

If the operator is taking a self-treatment, the same directions should be followed. The weight of the roller supplies the necessary pressure in self-treatment, without making the ball too large to reach into the margins of the abdominal cavity.

In affections of the liver (congestion, torpor, etc.), massotherapy is especially indicated. This organ, it may be mentioned, lies on the right side, behind and extending partly below the ribs. The lower portion only can be reached by the hands or by rolling; but by stimulating the abdominal circulation we indirectly stimulate circulation through the liver. In percussion, however, we have a most effective means of improving the activity of this organ.

SOME FURTHER SUGGESTIONS.

The smaller muscle rollers are well adapted for use on the face and neck. Facial massage by the hand as usually applied, acts mostly on the skin and not on the tissues beneath. The roller promotes the growth of the deeper tissues, and at the same time the skin gets sufficient stimulation to give it the freshness and glow of health. Thin cheeks and scrawny necks detract from any one's appearance. "The curved line is the line of beauty." It is scarcely an exaggeration to say that the most meagre outlines can be changed into rounded and youthful forms by a few weeks' use of this instrument.

Another use for the muscle roller is to promote the growth of the hair. Brushing with a stiff brush is very likely, when the hair is thin, to irritate the scalp and do more harm than good. Throw a cloth or a coarse towel over the head and then, holding the roller with both hands, give the scalp a thorough kneading and rolling. This will increase the circulation and improve nutrition in the hair bulbs; and is certain to do the hair more good than all the preparations ever compounded.

In the treatment of *Sprains, Lameness, Stiff Joints, Swellings*, etc., the directions for applying massage are so similar that they may be given under one head. The treatment begins with gentle rubbing or rolling; and, if there is considerable tenderness, the point of injury should be gradually approached. In a few days, as the tender-

ness and swelling grow less, the manipulation should be more thorough, and the affected joints treated with light percussion and passive movements.

For *Constipation*, massotherapy can be very successfully used in self-treatment. We have spoken at some length on this phase of the subject and hardly need to dwell upon it longer. This trouble is a common one among a very large class of people who are not by any means invalids, and yet who are not in perfect health. The intestines in these people will not act properly without a stimulant of some kind, either by drugs taken internally, or by fluid injected into the colon.

Now most people, and rightly too, object to having the colon and intestines *dependent* on any form of internal stimulation, for they realize that the trouble "grows by what it feeds upon," that the strength of the stimulant or the amount of irritation has to be increased, and at length the individual becomes a slave to the habit. To this numerous class of people we can offer assurance of a certain cure, provided they have patience and perseverance.

If dyspepsia is not present, fruit, apples and oranges, should be eaten, especially in the morning. Coarse cereals and milk for breakfast; meat and vegetables at noon, and cereals at night.

Then, morning and night, give the abdomen a treatment according to the directions already laid down. Follow this with a short tonic treatment with muscle roller and muscle beater and the result will be a gradual and decided increase of intestinal vigor. At the beginning of the treatment the colon should be thoroughly flushed

with warm water every other night, until the movements are of a light natural color. Then an occasional flushing may be resorted to as the tone of the intestines is improved by the massage.

One of the best aids to massotherapy in curing constipation is the use of wheat bran internally. This remedy is so cheap and simple that very few will even try it.

It is to be taken uncooked, a teaspoonful with each meal. It may be stirred up with a little milk or water and swallowed, or eaten with the food. Its effects will not be seen immediately, but after a few days the constipation will be relieved.

In *Dyspepsia* the rollers are simply invaluable. A glass of hot water upon rising in the morning, or as soon thereafter as possible, should be followed immediately by a thorough rolling or kneading, which churns the water in the stomach so vigorously that all the sticky catarrh on the lining membrane of the stomach will be dislodged, and, together with every particle of undigested and fermenting food, will be forced out of the stomach on its way to be excreted. The stomach will thus be left as fresh and rosy as a country school boy's morning face. This treatment excels any form of bitters as an appetizer.

Again in the evening this treatment should be applied; and if possible during the day. You remember the experiments mentioned on a preceding page, which proved that massage of the abdomen lessens, even in healthy persons, the time of digestion nearly one-third. We need hardly remind the dyspeptic, especially if an American, that his digestion is as much too slow as his manner of

living is too fast, and that he might with advantage increase the former rate by massotherapy.

There is an old but good story on this subject. At a public dinner a gentleman was telling a friend what trouble he had with his digestion. An enthusiastic believer in massage sitting opposite breaks in :

“I beg your pardon, sir! But do you knead your stomach?”

“Do I need my stomach? I have always supposed I did; but if it can be dispensed with I shall be most happy to do without it.”

Before leaving this subject we must speak of the greatest luxury and tonic combined that it has ever fallen to mortal man or woman to experience.

Suppose, dear reader, you wake up in the morning tired, too tired to rise and dress, perhaps, lame and sore from some unusual exertion. We all have such mornings. If, now, you can prevail upon some friend or companion to take the muscle roller, and while you lie covered with a sheet, to go over you vigorously, up and down and across the back, then along the thighs, legs and arms, then the chest, and finally a thorough treatment of the abdomen. By that time there will not be an aching nerve or tired muscle in the body but tingles, and you will feel as vigorous as a well-groomed race horse.

This is a real tonic, not an irritant, to the system; a tonic well fitted to restore energy and life to many a sofa-bound invalid.

ILLUSTRATIVE CASES.

Somewhat over ten years ago the medical world was surprised at the remarkable results obtained in cases of nervous exhaustion and emaciation by a novel mode of procedure advocated by Dr. S. Weir Mitchell, of Philadelphia. The details of the treatment were given in his book, "Fat and Blood, and How to Make Them," which at once made its author famous.

Dr. Mitchell began with several faded society ladies, types of the "half-invalids" who gradually lose tone and energy, and seem to resist all the ordinary means of recuperation, such as rest, change of scene, etc. He first secured for them complete rest; in some cases keeping his patients continuously in bed. At the same time he gradually increased the diet. Ordinarily this increase of food ("forced feeding" as it is called), could not be appropriated and would only embarrass the digestive organs. But here comes the essential point. From the first the patients were thoroughly massaged, once, twice or oftener a day. The results were most gratifying. In a few weeks minor ailments had departed, and the colorless, nerveless invalids were restored to health and usefulness.

The following case (one of several recorded in Dr. Mitchell's book), is an example of the success of this treatment :

"Miss C., aged twenty-six, passed through a grave trial in the shape of nursing her mother through a typhoid fever. Soon after a series of calamities deprived her of fortune, and she became for support a clerk, and did for two years eight hours of

work daily. Under these successive strains her naturally sturdy health gave way. First came the pain in the back, then growing paleness, loss of flesh and unending sense of tire. Her work, which was a necessity, was of course kept up, steadily at first, but soon she began to drop her work for a day at a time. Then came an increasing asthenopia with evening headaches, until her temper changed and became capricious and irritable. When I saw her she had been forced to abandon all labor, and had been treated by an accomplished gynecologist, despite which she gained nothing in vigor or endurance, and got back neither flesh nor color.

"She went to bed December 10th and rose for the first time February 4th, having gained twenty-nine pounds. She went to bed pale and got up actually ruddy. In a month she returned to her work again, and has remained ever since in health, which enables her, as she writes me, 'to enjoy work and do with myself what I like.'"

A somewhat similar case is described by Professor Playfair, of London :

"The young lady suffered from intense hysterical vomiting which had commenced six years previously, after severe mental strain. Latterly she could keep nothing on her stomach but a single mouthful of milk, and this only when mixed with whiskey, so that in this way she was taking three or four glasses of spirits daily. She was terribly emaciated, weighing only sixty-three pounds. Her mother wrote of her, 'It is just five years last Christmas day since she has retained a single meal. Her symptoms have been most distressing and have resisted every kind of treatment. Her young life has been completely blighted, and I have long since given up her case as hopeless.' The rapidity of the cure in this instance, was almost ludicrous. In three days after she was isolated she was keeping down two quarts of milk, and this no longer with the aid of whiskey. In ten days she was eating with an enormous appetite, and in six weeks she left weighing one hundred and six pounds, a gain of forty-three pounds, and has since remained quite well."

The following cases came under Dr. Douglas Graham's personal care :

"A case at present under my observation is that of a lady whose only two bright little children died two years ago. She has since been in great distress of mind and prostrated in body, and her sleep has been long, heavy and not refreshing. She has had general massage every other day for two months, and for the past month her sleep has been more natural, she exercises out of doors, is in better spirits, and takes her food with a relish."

Case of partial paralysis :

"Symptoms akin to those found in locomotor ataxia may be got rid of by means of massage, as the following case tends to show. Mr. P. H., 46 years of age, of slight, wiry frame, active and enduring, for several months before I called to see him, had suffered from weakness, numbness, feelings of constriction and incoördination of his legs, and was unable to stand on one leg and put on his sock as formerly. These symptoms all disappeared after seven applications of massage in three weeks, following which he took two weeks' vacation : and after that he continued well for a year, walking to and from his place of business, a mile and a half each way, besides being about on his feet nearly all the time. At the end of a year the same symptoms returned, but to a less degree ; and they were accompanied by sweating of the limbs to an unusual amount. His family physician gave him atropia, which he only took for a short time. I gave the legs massage eighteen times in three weeks, and the muscles gained in size, tone and firmness. He has since, now twenty months, continued well and active, and is on his feet all day."

Case of muscular rheumatism and lumbago :

"Rev. E. B., an elderly gentleman, had been exposed to a draught of air on his back while sleeping in a steamboat berth. This brought on severe lumbago. When I first saw him, three months afterwards, he complained of a constant dull, tired ache in the lumbar region, which made him prefer sitting to standing, and

lying down to sitting up. Sleep was constantly disturbed by the backache. His muscles were of the kind that rapidly respond to massage, neither too hard nor too soft, nor deeply embedded in adipose. After twenty minutes of deep malaxation with percussion, the patient enjoyed a good night's sleep, and next day stood up for three hours and wrote thirteen pages of a sermon. A few more applications of massage were given to confirm and improve what had been done, and the patient made an excellent recovery."

Cases of writers' cramp.

"A middle-aged gentleman, of vigorous constitution, a lawyer in extensive practice, was frequently obliged to employ an amanuensis for several weeks at a time, in order to recover by rest the ability to use his pen. For the general weariness at such times, when he could, he had recourse to massage; and in treating him I gave the fingers, hand and arm thorough and special malaxation, with the result each time, after two sittings, of his being able the following day to resume his writing with ease.

"Miss M. L. had suffered for a year from writers' and pianists' cramp. She complained of pain in the arm, wrist and fingers, felt particularly on awakening. Upon playing the piano for five minutes both arms are so tired and languid that she has to stop. She cannot write at all. During the first eight séances only gymnastics were used, but with no benefit. After this Dr. Wolff masséed both arms three times daily, half an hour at a time. The pain gradually disappeared. Then massage and gymnastics were combined, and after fourteen days more she was cured of her malady and could write and play on the piano continuously."

Case of severe sprain :

"Mr. C. A. had the structures on the anterior aspect of the left shoulder-joint severely stretched by the sail of his yacht in changing position, so that the whole weight of his body came suddenly upon them, while the arm was jerked upwards and backwards. Professor David B. Cheever sent him to me three months after the accident. Under massage and vigorous passive motion he made a good recovery."

Case of obstinate constipation :

"Several years ago the writer masséed a patient who suffered from emphysema of the lungs, together with obstinate constipation. Besides general massage, there was given special massage of the abdomen and liver, with percussion over the latter and pressure upon the chest walls during expiration. Under this treatment alone, the stools, from being of a pale color, became natural and occurred twice daily. Respiration was easier, sleep and appetite improved, and the general condition was much better."

The following cases are described in Dr. Murrell's book, "Massotherapy":

"A case of chronic myelitis [degeneration of the spinal cord] will serve to show the benefit which may sometimes be derived from a course of massage, even if very improperly carried out. The patient was a young clergyman, and his illness originated, it was supposed, from getting wet while riding across country one bitterly cold night to see a sick parishioner. When I first saw him he was lying on his back in bed, completely paralyzed from his waist downwards. He had no control of his legs, which were drawn upward. He was racked with pain. Enemata had to be used whenever an action of the bowels was desired. There was impairment of sensation in both hands, and the breathing was irregular and spasmodic.

"He had been carefully examined by a distinguished authority on nervous diseases, who said that no treatment would be of the slightest avail. I took a more hopeful view of the case; and, after reducing the morphine, began with the constant current and massage to the spine and legs twice a day.

"Considerable difficulty was experienced in finding anyone to carry out the necessary manipulations; but at last a man was secured who, if not a masseur, was at all events a very good rubber. In a few weeks difficulties arose in consequence of the expense attending the rubbing and the treatment was suspended. About six

months later I again saw the patient, who was still confined to his bed, and at my earnest solicitation massage was again resorted to.

"I saw nothing of my patient for over a year, when one morning he walked into my office, the picture of health, and having almost perfect control of his legs. He told me that he had carried out my treatment nearly the whole time to the best of his ability, and that he attributed his recovery to the measures which I had suggested."

Case of nervous irritability and insomnia:

"Upon the nervous system as a whole massage exerts a peculiarly delightful, and at the same time profoundly sedative and tonic effect. In insomnia, general massage at bed-time undoubtedly promotes sleep. Several cases have lately come under my observation in which it has been resorted to with marked success. It has the great advantage over all narcotics that there are no disagreeable after-effects.

"A short time ago a gentleman came under my care for treatment, having been sent by his brother, a well-known physician. Through the death of his partner he had the entire responsibility of a large business on his shoulders. He was of a highly nervous temperament, and he told me that when he went home he was always thinking about the work of the day, and was restless and disturbed at night. He was pale, worn and anxious looking, but was not suffering from any organic disease. At his brother's request I prescribed massage. He was obliged to return home in ten days, and could give me no more time. The massage was applied every night at bed-time for half an hour, and at the expiration of the time mentioned he was very much better, and was so satisfied with the result that he promised to return as soon as his business would permit for a more extended course of treatment."

Cases of rheumatism:

"A lady who had been a cripple for many years, came to me for relief of severe rheumatic pain in her joints. There was effusion in both knees, the first phalanges of the toes were bent up, the terminal phalanges bent down, and all the joints were swollen and

painful. The patient could walk only a few steps with the greatest difficulty. The joints were masséed daily; and after twenty-five visits the exudation in the left knee had gone, there was only a little pain in the toes and metatarsal bones, and the patient could walk and get upstairs without difficulty.

"Another case was one of rheumatism of the intercostal [chest] muscles. The patient, a young man, was bent forward with pain, could hardly walk, and had great difficulty in breathing. Massage was very carefully performed, as the patient cried out on being touched. Gentle effleurage was essayed, and the pain and tenderness in half an hour were less acute. After another treatment the patient could breathe freely, and move his body backwards and forwards without pain. In four days he was cured.

"Other cases of rheumatism, notably one in which the patient suffered from severe pain in the legs, caused by standing for several hours up to his hips in water, were successfully treated. One lady, who had suffered for years from chronic articular rheumatism, recently told me that she derived more benefit from three weeks massage, which was carried out under my direction, than from all the drugs she had ever taken; and this is not by any means an exceptional experience."

The above cases are given as examples of what may be accomplished by massotherapy. We could multiply such cases by the hundred, but enough has been given to show that massotherapy may be made one of the most potent means known for the cure of chronic troubles.

The writer hopes to live to see it a household remedy wherever sickness and suffering are found throughout this broad land, not alone as an aid in the cure of disease, but also as an aid in preserving health.

Publishers' Department

—AND—

Long Life Advertiser.

Dr. Forest's "New Method."—

We wish to call attention to the statements of some who have had experience in the use of the treatment given by Dr. Forest in his great work "The NEW METHOD in their CERTAIN CHRONIC DISEASES." Hundreds of letters have been received by the author thanking him for knowledge given.

OSHKOSH, WIS., Sept. 1st, '94.
MR. ALBERT TURNER, Manager
HEALTH-CULTURE Co.

Dear Sir:—You are very welcome to publish anything I may say in commendation of Dr. Forest's work for I feel that I cannot say enough. My friends tell me I am a "crank" on the subject; and I tell them I am, but why should I not be; from my earliest recollections I was always considered an invalid; although I would not allow people to call me such. I could never do as other children because of ill health; then came a Bronchial trouble which seemed gradually to settle on my lungs. The doctors did all they could for me and then advised me to go to the mountains; we had relatives in the East so I went to the White Mountains and then returned home as every one supposed to die with consumption. A friend told me of this Hygienic treatment, and I sent for the book. It was a great relief I assure you to dispense with medicines. For three years I did not allow anything to interfere with the treatment; (and let me say

right here, I think perseverance is necessary in any kind of treatment where the case is a chronic one). Now I consider myself well.

I remain, respectfully yours,
AURELIA J. DODGE.

This letter from a lady in this city, a member of a physician's family will be read with interest.

NEW YORK, Oct. 5th, '94.

HEALTH CULTURE Co.

Gentlemen:—I have had an obstinate chronic diarrhoea of four years standing, complicated with an annoying catarrh of the bowels, attended with great weakness, causing much inconvenience night and day, necessitating complete isolation from society.

At times the movement of the bowels attended with intense desire, would be accompanied with some seeming obstruction, that made the operation extremely distressing. After a few mornings' use of the treatment in accordance with instructions in Dr. Forest's book "NEW METHOD," the obstruction disappeared, the bowels became normal, and remained quiet after each morning's evacuation until the next morning—giving freedom for the day and undisturbed sleep at night. The relief is inexpressible, and words cannot describe my gratitude for the knowledge derived from this work.

I am very truly yours,
Mrs. A. N. B.

This great work will be sent by mail post-paid on receipt of price, in cloth, \$2.10 Address this office.

Weakness of the Lungs is always the basis for consumption, and this often comes through a lack of proper exercise, especially that which comes from the use of the lungs in deep breathing and forced expiration. This can best be secured by the use of the **WILHIDE EXHALER**.

Persons subject to hard colds or suffering from the results of an attack of pneumonia, pleurisy, bronchitis, influenza or la grippe and those who have shortness of breath or any form of throat trouble or weakness should read the description on another page, carefully.

The use of this has also been found of great value by persons suffering from indigestion, weakness of the nerves and general debility.

The following somewhat personal letter from a clergyman we think so important as to justify its publication:

PASSAIC, N. J., Oct. 11th, '94.

Dear Mr. Turner:—In the middle of January, this year, I was sent for to preach in a country town near here. I was entertained by one of the Supply Committee who had just finished repairing his house, and he placed me in a bed room newly plastered and without heat. He claimed that the plastering was dry, but I soon found out that it was hard from cold and not from heat. However, sooner than hurt his feelings I slept there two nights and returned home with a cold that resisted every effort to dislodge it. It seemed to me as if my public speaking was at an end. After suffering six months or more, I met you on the train and you told me of the benefits to be derived from the "Exhaler." A few days later I received one and

at once went to work to use it according to directions. In a week's time I experienced a marked improvement, as I was free from the racking cough which previously had not permitted me to sleep much more than half an hour at a time. I persisted in the use of the "Exhaler," abandoning the use of all medicine, except perhaps a bronchial troche once in a while, and now I am glad to state, that I am entirely well and have been so for over two months. I am satisfied from my own experience that a persistent use of the "Exhaler" according to directions will accomplish every thing it is designed for. Of course it will not make new lungs or new bronchial tubes, for it has not yet been given to humanity to do the work of the Almighty, but wherever there are lungs or bronchial tubes it will repair them so they will be as good as new.

Fraternally Yours,
GEO. F. SWAIN.

The following letter from a physician will be read with interest:

GRIMALL IOWA,
Sept. 20th, '94

Dear Sirs:—Two months ago I ordered a **WILHIDE EXHALER**. Have been testing it myself. Thought I was well when I began using it but now in the words of patent medicine "I feel like a new man." Do you make any discount to the trade or physician? Would like one for my wife and one for a brother.

It is the best tonic I know of; if we could get people to use them they would require much less medicine.

Will prescribe for my patients when indicated.

Yours truly,
E. C. BLISS, M. D.

The use of the **WILHIDE EXHALER** has been found to be the very best remedy for colds. It will be sent by mail postpaid for \$1.50. Address **THE HEALTH-CULTURE Co.**, 30, E. 14th Street.

The Muscle Rollers.—The following letter speaks out strongly, but none too strong in favor of the use of Dr. Forest's Health or Massage Rollers.

LOUISVILLE, KY.

MR. ALBERT TURNER, New York.

Dear Sir:—About two months ago my father, W. R. Greer, of Charleston, S. C., who is fifty-two years old, purchased a Muscle Roller from you, and having used it for two months for stomach trouble, said it had done him a world of good.

I visited Charleston about two weeks ago, and found him in better health than for many years past, which we attribute to the use of the Roller, and I think when once it is well known, it will prove a boon to suffering humanity.

While on the visit to Charleston I used the Muscle Roller and at the end of ten days felt more relief from chronic dyspepsia than with two years use of drugs, administered by skillful physicians.

Inclosed you will find P. O. Order for which you will send me at your earliest convenience the No. 1 size, and oblige

Yours respectfully,
W. L. GREER.

Baby Wear.—The mothers of babies and the Grandmothers will be interested in the advertisement of the Dorothy System of Baby Wear on another page. We heartily indorse this and include the patterns in our Health Dress Department. We hope every mother of infants and prospective mother will send to Mrs. Gunn for her beautiful catalogue.

Womanly Beauty.—Women who esteem beauty of form and feature should be interested in the developes advertised and described on another page.

The use of these has been found

very effective in restoring the plumpness of the face, neck and bust as well as other parts of the body, besides contributing to the general health and strength.

The "Long Life" Series.—This is the second number of a Series in which is to be published a number of practical manuals of HEALTH, which we are confident will prove very popular with the people. It is proposed to make each number complete in itself, and usually to be devoted to a single subject. At present THE LONG LIFE SERIES will be issued bi-monthly and subscriptions received at 50 cents a year. Single numbers at 10 cents each. Subjects for future numbers are "The Home Treatment of Fevers" by Dr. Forest; "Lung Gymnastics or Deep Breathing," by Rev. J. Thos. Wilhide; "Dressing Babies," by Mrs. Gunn. It can readily be seen that this series must prove very valuable and we ought to secure a large subscription list at this low price,

The Columbus Spring Pillow is for sale at this office. Call and examine it or send for price-list.

The Health-Culture Co. is organized for the issuing of Health publications and the manufacture and sale of Health appliances.

The business that has been conducted by "The Health Publishing Co." "The New Methods Co.," "The Health Supplies Co.," "The Health Publication Co.," and "The Star Exerciser Co.," and that of

Miss E. C. Page, sole representative of "Mrs. A. Fletcher," the old established "Ladies and Children's Hygienic Underwear," business will be continued under the name of "THE HEALTH-CULTURE Co."

Mr. Albert Turner, the Business Manager, who was for many years the Business Manager and Treasurer of the Fowler & Wells Co., will be glad to see his old friends and all interested in the subject of Health-Culture at his new office at any time, and to fill orders for any periodicals, books, charts, etc.

Invalids and especially those who are confined to the bed will find the use of the **MASSAGE ROLLERS** very beneficial when applied by an attendant or by themselves. The small sizes can be used even by those who are very weak and will afford exercise and diversion in the use, besides the direct results. See that your invalid friends know about them. Read Mollie Fancher's letter in this number.

Massage Appliance Co have an advertisement in this number that will attract the attention of our readers and these appliances must prove a valuable adjunct in the treatment of many cases.

Mechanical Treatment of Indigestion, Constipation, Torpid Liver, and Obesity is number 3 of the **LONG LIFE SERIES** and will be ready very soon. This will be found a valuable continuation of the subjects considered in this number, price 10 cts.

Health Culture is a Journal of practical hygiene and devoted exclusively to topics relating to the restoration and preservation of Health and is the best Journal of its kind published. It is issued quarterly at only 50 cents a year or 15 cents a number and every number is worth the cost of a year's subscription.

Hygienic Undergarments for women and children are furnished by the **HEALTH CULTURE Co.**, including the popular Fletcher Equipoise and Emancipation waists, **DELSARTE WAISTS**, the new **HEALTH WAISTS**, the **BATES MATERNITY** and other waists, **COMBINATION SUITS** in **JAROS** and other makes and garments made to order from Silk Sponge flannel a new and very superior material in heavy weights for winter, or in summer weight. A large illustrated catalogue will be ready soon and be sent on receipt of stamps for postage.

Syringes for family and private use are sold at this office. It is not necessary to go shopping about among the stores to find what you want, not always a pleasant thing for some to do, and then not find the kind desired. Our Syringe list including a new Combination Syringe and hot water bag, Fountain Syringes, Ladies Syringe, Irrigators, Sprays, Hot Water Bottles etc. will be sent on application.

The Diseases of Women—We have a new home treatment for Displacements and Weakness of the Womb, which has been proven to be almost miraculous in its effects. It cures without drugs or operation and is most emphatically a "home treatment" requiring neither physician or attendant and not interfering with the daily life of the person. It has already been thoroughly tested and testimonials and references will be sent. For particulars state your case and address "**LADIES DEPARTMENT**" **HEALTH CULTURE Co.**, 30 East 14th street, New York.

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If evidence is needed that food affects health and bodily conditions, the experience of THE HEALTH FOOD Co. would have demonstrated the matter fully. For a number of years, they have been making food specialties and their products have obtained a great degree of perfection. They are now able to supply food that will meet all bodily conditions whether in health or sickness. Their staple products for the well cannot be surpassed; the PEELED WHEAT FLOUR is, we believe, the most perfect bread making product ever manufactured, making the most palatable, healthful and economical bread; they have also succeeded in making the most perfect cracker called "THE LEADER." Their "WHEATENA" has acquired a wide reputation as the best breakfast cereal. Their gluten is indispensable to diabetics and the nervously prostrated. THE UNIVERSAL FOOD is the best infants food made and can be used to very great advantage by all invalids suffering from weak digestion and is easily assimilated when other forms of nutrition fails. They are the sole proprietors of the term "HEALTH-FOOD," and no other concern can claim to produce food-products under that name, which they have made synonymous with wholesome, appetizing, up-building and restorative nutrients. Dr. Austin Flint was in the habit of saying that when one of his patients was fed by the HEALTH FOOD Co., that patient re-

covered. Other good physicians can bear the same testimony. To all who seek to overcome the drinking habit and to cleanse and purify the body by supplanting bad blood with pure and healthy blood, we commend a sermon on Food and Morals, by Rev. John F. Clymer, which the HEALTH-CULTURE Co., will mail free to all on receipt of one cent stamp for postage. In an appendix he says: "THE HEALTH FOOD Co. develops and employs the cereal diastase in a most effective way. It removes the germinal molecules from wheat and barley, reduces them to powder, forms the powder into a dough, encloses it in a steam-tight vessel and subjects the vessel and contents for a protracted period to a temperature of 105° F. The latent diastase is thus brought into being, while the low temperature and the close vessel completely prevent its volatilization and loss. The diastatic dough is subsequently dried and powdered, and is then packed and labeled, ready for use, demanding no cooking, and no other preparation than simple moistening with milk or water. The name given to this diastatic food which I have mentioned, is "The Universal Food," a name suggested by a leading physician, who believed it to be universally applicable to enfeebled conditions."

A large descriptive pamphlet of over fifty kinds of food adapted to the various conditions of life will be sent to any reader on application to THE HEALTH FOOD Co. at No. 61 Fifth Avenue, New York, 199 Tremont Street, Boston, 632 Arch Street, Philadelphia, 1601 Wabash Avenue, Chicago and of all their agents everywhere.

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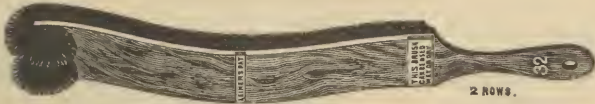
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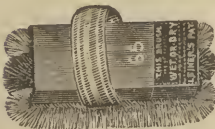


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The object of the Health and Massage Roller is to make massage practical to bring into the home the easiest and pleasantest methods of cure and exercise. It can be used with little fatigue by oneself or by an attendant, and entirely with out exposure or even undressing, and avoids what is often so unpleasant, the hand touch of the operator.

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Its use over the intestines stimulates the nerve forces of these organs and increases their natural action. Thus chronic constipation, where for years there has been no action without drugs, is quickly and radically cured, Rheumatism, Sciatica, and Paralysis often yield most readily to this treatment. For sleeplessness their use by oneself or an attendant will be found an efficient remedy, and used by anyone for a few minutes before retiring will secure more restful sleep.

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These are scientific instruments for a rapid and healthy development of the face, neck and bust, and other parts of the body. The results obtained by their use are truly marvelous. Thin cheeks, scrawny necks and flat busts can be changed into rounded and youthful forms, hands and arms are made plump and limbs and calves filled out. By their use the lungs are strengthened and the entire chest enlarged and the whole form improved. Nature's healthful method only is employed. Dr. Dio Lewis states that he has seen thin breasts more than doubled in size in a month by this treatment. Ten minutes use will give the cheeks the glow of youth that will last for hours. The flesh hardens, the skin becomes soft and flexible and there is a rapid and healthy development of tissue.

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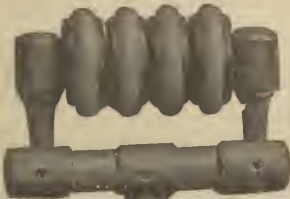


No. 3, FACE This is used the cheeks, give color, to wrinkles forehead, in- of neck, and massage to ing of the

DEVELOPER. to develop fill out and re move from the crease size for head prevent fall- hair.

PRICE,

\$1.50.



No. 2. Frame and maple, light but ted for small women not strong. and quite weak can use selves with very Many use both for

handle of white strong, well adap- and those who are invalid who are this on them- great advantage. best results.

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No. 4, BUST This is used largement and may be neck, and if the entire its use any developed plump and Ladies once them high lady should have a pair.

DEVELOPER. for the en- of the breasts used for the lightly over body, and by part may be and made vigorous. using, prize ly, and every

PRICE, \$2.50.

The Health-Culture Co., 30 East 14th Street, New York.

Oct 6th 1894.

Mr Albert Lerner
#64 Reade St.

My Dear Sir. It gives me
pleasure to respond to your request
in regard to my opinion of the
Muscle Roller. I have found it
both soothing and stimulating
and a means of allaying pain
as well. So on it is preferable
to massage treatment, as a rule.
From the fact that the hand
much of so many of the man-
ipulators is repulsive - while

The Roller serves the same
purpose in the hands of others
and may if necessary be used
by mes self.

Sincerely Yours.
Hallie Fancher.

160 Galitz Ave.
Brooklyn - N.Y.

MISS FANCHER has been an invalid for nearly thirty years, and learning that she was using the Rollers advantageously, asked for her opinion and received the above letter.

Some of our readers will remember about Miss Fancher's in jury, As she was getting out of a horse car in Brooklyn, her dress was caught in a hook on the platform, and she was dragged a block before the conductor noticed her. The accident occurred in June, and the 3rd of February after that she was seized with frightful spasms and became paralyzed. She lived in a trance for nine years. Since which time she has gradually regained her powers but has been confined to her bed for twenty-nine years and her lower limbs and feet are still paralyzed. As stated in her letter she finds the Rollers very useful. In all cases of partial paralysis, rheumatism, sciatica and as a means of promoting the circulation of the blood, the Roller is found to be of great service, and used as directed over the stomach and bowels in cases of indigestion and constipation is often a positive cure.

If you have an invalid friend order one as a present.

All orders should be addressed to

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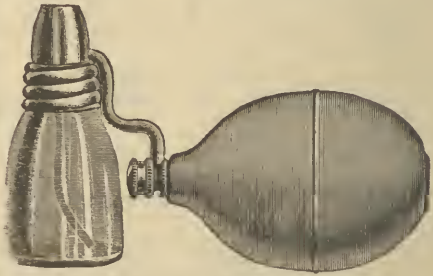
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THE VASELINE SPRAY,

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THE VASELINE SPRAY.

use will absolutely break up a recent cold in twenty-four hours, and give immediate relief to the obstructed nasal passages in such cases. The medicated vaseline can be applied by this instrument to any passages which inspired air can reach, as the remedy is discharged from the instrument as light and fine as smoke. We need no more than refer to the healing, soothing qualities of vaseline. When this it combined with the antiseptic and astringent medicinal remedies, we have an instrument and remedy that cannot be equaled for the treatment of the nasal passages and the throat.

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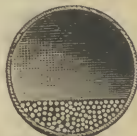
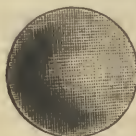
Patent applied for.
Metal parts nickel-plated ;
hard wood handle.

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PERCUSSION BALLS.

Outside of ball.

Showing shot.



Patent applied for.
3½ inches in diameter.


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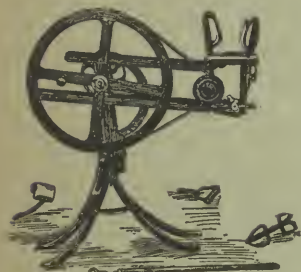
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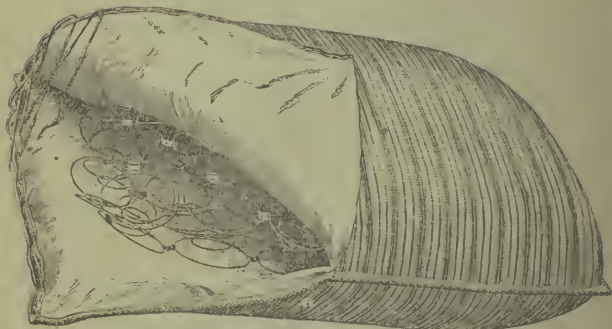
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